

Intermediate January 2017

WEEK 1	MON 01/09	TUES 01/10	WED 01/11	THUR 01/12	FRI 01/13
MEAT/MA	Chicken Tenders - 4=19g	Smothered Burrito-42g	Asian Chicken Stir Fry-44g.	Meatball Sub- 38g	NO SCHOOL
MEAT/MA	Pork Chop Sand- 42g	Fish Taco-49g.	Hot Dog on Bun - 28 g.	Stuff Cheese Sandwich-34 g.	
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	
GRAIN			Fried Rice23g./54g.(mins)		
VEG	California Blend-5g	Refried Beans -30g	Broccoli- 4g	Prince Edward - 3 g.	
VEG	Sweet Potato Fries - 30 g.	Small Romaine Salad -5 g.			
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	
FRUIT	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.	Pears - 20 g.		
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Applesauce 1/2c -14g	
CONDIMENTS				Fresh Fruit Bowl	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3 g.		Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g./Boom Boom Sauce-11g.	Ketchup- 3 g. & Mustard- 0 g.	BBQ Sauce, 11 g.	
WEEK 2	MON 01/16	TUES 01/17	WED 01/18	THUR 01/19	FRI 01/20
MEAT/MA	NO SCHOOL	Beef & Cheese Nachos -7 g.	Lings Chicken-23g	Chicken Penne Alfredo -29 g.	Cheese Ripper -
MEAT/MA		Fish Sticks-23 g.	Grilled Cheesewich-27g	Pork Chop Sand- 42g	See Manager
MEAT/MA		Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA		Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g
MEAT/MA		Sub -30 g.	Sub -30 g.	Sub -30 g.	Sub -30 g.
GRAIN		Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN		Chips (1) 19 g.	Brown Rice -1/2 c-28 g.		
GRAIN					
GRAIN					
VEG		Refried Beans -30g	Mixed Vegetables-9g		Sweet Potato Fries - 30 g.
VEG		Shredded Romain -1 g.		Broccoli- 4g	Cooked Spinach-4g
VEG		Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT		Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	Peaches 1/2 c. - 17 g.	Pineapple Tidbits - 16 g.
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS		Salsa-2 g.			Frozen Fruit Cup-18 g.
CONDIMENTS		Sour Cream - 3g.		Ketchup- 3 g. & Mustard- 0 g.	
		Intermediate January 2017			
WEEK 3	MON 01/23	TUES 01/24	WED 01/25	THUR 01/26	FRI 01/27
MEAT/MA	Double Cheeseburger-29g	Chicken Enchilada-36g	Chicken Waffle Bites-10 g.	Spaghetti w/Meat Sauce-23g.	Calzone - 35 g.

MEAT/MA	Corn Dog - 30 g.	Sloppy Joe/Bun- 36g	Bratwurst- 27g	Gyro w/Cucumber Sauce-31g	See Manager
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Sub -30 g.	Sub -30 g.	Sub -30 g.	Sub -30 g.	Sub -30 g.
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN				Garlic Toast -11 g.	
GRAIN				Small Romaine Salad -5 g.	Cooked Carrots-8 g.
VEG	Sweet Potato Fries - 30 g.	Corn 1/2 c-19 g.	Tater Tringles-22g.	with Grape Tomatoes	Cooked Spinach-4g
VEG	Baked Beans -29g	Shredded Romain -1 g.	Normandy Blend-4g.	Prince Edward - 3 g.	
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Apple sauce-25 g.	Mixed Fruit-18 g.	Mandarin Oranges 1/2 c-17 g	Peaches 1/2 c. - 17 g.	Pineapple Tidbits - 16 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.		Juice-21g Grape=28g
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.	BBQ Sauce, 11 g.		
Week 4	MON 01/30	TUES 01/31			
MEAT/MA	BD Cheese Pizza-36g	Taco Salad w/Fritos-39 g.			
MEAT/MA	Chicken Philly Sand- 28g	BBQ Rib on Bun - 32 g.			
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.			
MEAT/MA	Chef Salad-10g	Chef Salad-10g			
MEAT/MA	Sub -30 g.	Sub -30 g.			
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)			
GRAIN					
GRAIN					
GRAIN					
VEG	Asparagus-3g.	Small Romaine Salad -5 g.			
VEG		Black Bean Fiesta - 34 g.			
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.			
FRUIT	Rosy Applesauce- 26g	Pears - 20 g.			
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl			
FRUIT					
CONDIMENTS		Salsa-2 g.			
CONDIMENTS		Sour Cream - 3g.			
Week 5					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					

MEAT/MA					
GRAIN					
GRAIN					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
	Dark Green	Starchy	Red/Orange	Legumes	12/6/2016

All Serving Sizes of vegetables are 1/2 cup unless noted (* = 1/2 c serving, ~ = 3/4 c serving & ^ = 1 c serving) .

All Serving Sizes of Fruit are 1/2 cup. Servings of Grains are 1-2 oz. Condiments are 1-2 Tbsp. All meals include Fat-Free or Low-Fat Milk Unflavored Milk -13 g. Flavored Milk -20 g. Fresh Apple - 22 g. Fresh Orange - 21 g. Petie Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.

